



Emergency Care for **CHOKING**

Emergency Phone Number

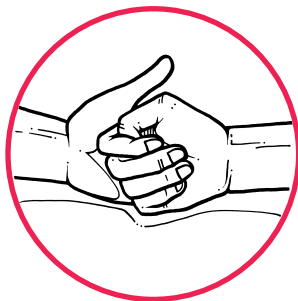
CONSCIOUS VICTIM

**If victim CAN breathe,
cough or speak—
DO NOT INTERFERE.**

**If victim CANNOT breathe,
cough or speak—
give quick upward thrusts
(grip above waist but below ribs).**



(Avoid pressing on the bottom of the breastbone.)



**Hold fist
with thumb
tucked in.**

**With thumb side
inward, use
other hand to
give an in and
upward thrust.**

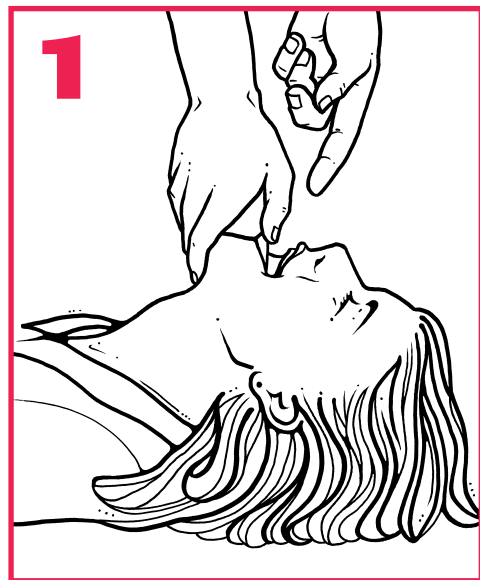


Repeat thrust steps until effective or until victim becomes UNCONSCIOUS.

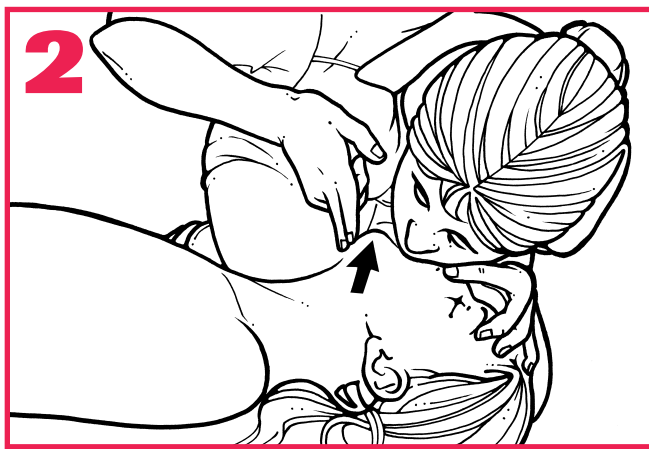
UNCONSCIOUS VICTIM

Phone 911 or other emergency response number or send someone to call.

Return to the victim.



1
Open the airway.
Look for foreign object.
IF one is seen, remove it
(head tilt, chin lift).
Start CPR.



2
Attempt two breaths.

**Repeat steps 1, 2 and 3 until
victim starts breathing or
until emergency/medical help arrives.**



3
Do 30 chest compressions
(Place heel of one hand on
center of breastbone and
heel of second hand on
first hand).

- Have someone call for an ambulance, rescue squad or EMS.
 - **DO NOT PRACTICE ON PEOPLE.** Abdominal thrust may cause injury. Use the back blows and chest thrust on infants. Use the chest thrust on pregnant women and obese victims.
 - Learn to perform emergency care for choking and cardiopulmonary resuscitation (CPR).
 - For CPR training information, call your local American Heart Association or American Red Cross chapter.
 - For children 1 to 8 years of age, use one hand for chest compressions and one breath.
- Standards from the American Heart Association